

Beginning Dog Obedience Training (7 Classes)

AGE: 18-Over, Or with Instructor approval of child, Dogs age 6 months or older.
FEE: \$73 Residents, \$88 Non-res. (includes clicker)
LOCATION: Twin Pines Park Meadow
INSTRUCTOR: Reena S. Walton

FIRST CLASS IS AN ORIENTATION WITHOUT THE DOGS PRESENT. All dogs must have current vaccinations, DHLPP and Rabies to participate. Please bring proof of vaccinations to first class.

Lessons will include the exercises- sit, down, walk on loose leash, come when called, stand, off, and wait. Positive reinforcement methods are used with food and the Clicker. Clicker training is used to train service dogs and is a proven safe, gentle, hands off method of training. Problem solving discussions will be held on the subjects of pack leadership, digging, biting, dumping, chewing and more.

Dogs should be brought to class hungry, do not feed dinner prior to class on Tuesday evenings. Dogs must have a 6-foot leather or cotton leash, and a buckle collar, lead harness or metal training collar. (Please, no chain leashes). (No class 9/24)

2299.302 T 6-7 pm 9/10 - 10/29



Partner Massage (4 Classes)

AGE: 18-over
FEE: (Price is per couple) \$105 Res., \$120 Non-res.
LAB FEE: \$10 payable to instructor at first class for supplies
LOCATION: Barrett Community Center, Room B
INSTRUCTION: Nancy Hill, C.M.T.

Receive one massage have a good day-learn to exchange massage with a partner and have a better life! We'll also be working on communication skills that enhance any relationship. This class will teach basic techniques, positioning and body mechanics that will make massage a pleasure for both. (Keep in mind that you will be working on the floor.) You will learn to reduce stress with simple relaxation exercises, and improve your mood with an introduction to aroma therapy. Each individual should wear comfortable clothing, bring a pillow and a large towel, and have clean feet for first class!

2232.301 W 6:30-8:30pm 10/9 - 10/30

Leaving a Legacy (3 Classes)

AGE: Adult
FEE: \$45 Residents, \$50 Non-resident
LOCATION: Twin Pines Lodge #4
INSTRUCTOR: Barbara Garrod, CMA, CNA

We all leave a legacy - what we leave is our choice and has great impact on future generations. This leisurely class is for those who enjoying putting thoughts into words. As a group, we'll discuss our legacy, and then write a personal journal to someone dear to us. As the class unfolds, there will be many fun surprises.

Bring pen/journal of your choice.

2270.301 Th 7-9:00pm 11/7 - 11/21

Advanced Caregiving (4 classes)

AGE: 18-over
FEE: \$120 Residents, \$142 Non-resident
LAB FEE: \$25 for Training Manual
LOCATION: Barrett Room B
INSTRUCTOR: Barbara Garrod, CMA, CNA



Learn a new profession that is growing rapidly, and is recession proof. This compact but complete course will cover all levels of patient care for those who want to work part or full time doing home care. This will include hands on clinical procedures such as blood pressure and bed baths, and studying conditions common to seniors, including the medical terms. This class will prepare you to start your own business or work for an agency. We'll cover questions on the State Certification Exam. You'll receive a complete reference manual.

2270.303 Sat 10am - noon 11/9-11/30

Caregiving 101 (1 Class)

AGE: 18-over
FEE: \$35 Residents, \$42 Non-resident
LOCATION: Barrett Room B
INSTRUCTOR: Barbara Garrod, CMA, CNA

Learn a new profession which is in high demand, can be part or full-time; you can be self-employed or work for an agency, work with your own schedule, and have great self-satisfaction. The choices are yours! We will cover the basics of setting up a business including advertising, supplies necessary, taxes, and minimum Level 2 patient care. Students will receive free handouts detailing the class.

2270.302 Sat 10am - noon November 2